



Summer BOW
August 7-9, 2015
Lubrecht Forest



2015 Montana Sponsors

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SCIF - Sables

GENERAL INFORMATION

Registration: All successful applicants will be notified with a letter of confirmation and directions to the Lubrecht Forest. A waiting list will be generated also. Unsuccessful applicants will receive a full refund.

Cancellation deadline: Cancel on or before July 18, 2015, to receive a full refund. Cancellations made between July 19 and July 26 will incur a \$40.00 processing fee deducted from your refund! Cancellations between July 27 and August 7 will incur a \$100 processing fee deducted from your refund. You may also choose to send a substitute.

Lubrecht Forest: Located near the Blackfoot-Clearwater junction, Lubrecht Experimental Forest is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging and a dining hall accessible to individuals with disabilities. Paved trails connect these areas. Lubrecht may be able to accommodate special dietary needs for an additional \$30. No smoking is permitted in the buildings. No dogs (except service dogs) are permitted at the camp.

- **Lodging** – Participants can choose from the following options. The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a bathroom down the hall. The rustic **Cabins** sleep up to 6 people and have bunk beds and electricity. Shared shower-bathroom facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag or bedding. Participants are welcome to bring **tents or campers**. No pads or hookups are available.

What to Bring: The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include hiking boots or walking shoes, a water bottle, hat, sunscreen, insect repellent and flashlight or headlamp. Many classes are held outside (rain or shine) so come prepared.

Special Needs: If you have a disability, medical condition or restrictive diet requirements, please indicate them with your registration. We will attempt to accommodate your needs. Requests for special meals will incur an additional \$30 fee set by Lubrecht Forest.

Equipment: If you participate in a fishing, archery, compass or GoPro class, please feel free to bring your own equipment. If you do not have equipment it will be provided. **Please do not bring firearms.**

Hunter Education Certificates: Participants in the Beginning Shotgun and Beginning Rifle classes must attach/enclose a copy of their hunter education certificate or NRA certificate. If none, you must have attended the BOW Basic Gun Handling class at this or a previous workshop.

Door Prizes: Participants will have a chance to win door prizes and raffle items at the workshop. If you know a business that would like to donate a door prize, please have them contact us. We like to showcase Montana businesses and products.

Silent Auction: This has become a fun tradition at the workshop. We invite participants and instructors to bring items for the silent auction. Then bid on items that interest you.

BOW Gift Shop: BOW logo clothing and other useful items are available for purchase during the workshop. All proceeds from the gift shop and silent auction go back to support the Montana BOW program. Cash, credit card and checks accepted.

Car Pool: If you are interested in car-pooling then check the box on the registration form. We will generate a contact list and send it to those who request it so you can make your own car-pool arrangements.

Wildfires: Unfortunately, Montana has suffered from drought conditions off and on for the last several years. If the workshop were cancelled due to the fire danger, all persons registered will receive a full refund.

Contact Information:

Montana Fish, Wildlife & Parks – (406) 444-2535

TTY/TDD – Telephone Device for the deaf – (406) 444-1200

BOW Book Club - Book lovers are invited to the book discussion group at Summer BOW. We'll discuss **Penny Post Cards and Prairie Flowers** by Philip Burgess. Read the true story excerpted from postcards sent by two women who journeyed from northern Minnesota to eastern Montana where they become homesteaders. The saga is filled with a litany of disasters, humor, illnesses, adventure and hard work. Philip Burgess is our evening speaker on Friday.

2015 WORKSHOP SCHEDULE

FRIDAY, AUGUST 7, 2015

10:00 am - 12:00 am Participant Check In
11:30 am – 12:00 pm Welcome and Overview
12:00 pm - 1:00 pm Lunch

Session I - 1:00 pm to 4:30 pm

1A Basic Gun Handling
1B Birding Basics
1C Wilderness Survival
1D Butterflies of Western Montana
1E Beginning Plant Identification
1F Beginning Fly Fishing
1G Mountain Man Camp

4:30 Social Hour
5:00 pm BOW Book Club Meets
6:30 pm Dinner
7:30 pm Evening Program

SATURDAY, AUGUST 8, 2015

7:00 am - 8:00 am Breakfast

Session II - 8:00 am to 11:30 am

2A Beginning Rifle**
2B Early Bird Walk
2C Map & Compass
2D Wild Game Thai Stir Fry
2E Beginning Plant Identification
2F Beginning Fly Fishing
2G Bike Joring with your Dog
2H Beginning Recreational Kayaking

**** Prerequisite required for this class.**

12:00 pm - 1:00 pm Lunch

SATURDAY, continued

Session III - 1:00 pm to 4:30 pm

3A Beginning Shotgun**
3B Introduction to Archery
3C Wilderness Survival**
3D Get to Know your Go Pro
3E Native Plants for Birds
3F Mountain Man Camp
3G Llama Packing
3H Beginning Recreational Kayaking

4:30 pm Social Hour

6:00 pm Dinner

7:00 pm Evening Program

8:00 pm Door Prizes and Silent Auction

SUNDAY, AUGUST 9, 2015

7:00 am - 8:00 am Breakfast

Session IV- 8:00 am to 11:30 am

4A Map and Compass Field Course**
4B Early Bird Walk
4C Journaling & the Art of Observation
4D Designing the Native Garden
4E Intermediate Plant ID: Riparian Areas
4F Fly Fishing on the Water**
4G Llama Packing
4H Recteational Kayaking on the River**
4 I A Walk in the Woods

11:30 am to 12:30 pm Lunch

**** Prerequisite required for this class.**

Pack up and drive home safely.

1A. Basic Gun Handling - This class will cover various types of firearms, the basics of firearm safety, and information on selecting and purchasing guns. Instructors **Twana Bourke, Kathy Irwin and Bernice Hash** are hunters and Hunter Education Instructors. No actual shooting will take place. *This class is a prerequisite for anyone who does not have a hunter education or NRA certificate and wishes to register for the rifle (2A) or shotgun (3A) classes.*

1B. Birding Basics - There's more to birds than bright colors and pretty songs. Just what is a feather? Why do some birds migrate hundreds of miles while others endure Montana winters? Why do birds sing? What's the best way to watch birds? Why are field guides organized the way they are and what's the best way to use one? Wildlife biologist and avid birder **Pat Jamieson** will share these birding basics as well as hints and tidbits on the best techniques for bird watching. This is a good class to take prior to the Early Bird Walk classes 2B and 4B.

1C. Wilderness Survival - Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Instructor **Chris Dover** will discuss the skills you need and the items you should always carry to survive an unexpected night(s) outdoors. Chris trains search dogs and volunteers with a search dog rescue group. *This is a prerequisite for the Wilderness Survival-2 (3C) class.*

1D. Butterflies of Western Montana - Learn why butterflies are more than just a pretty insect. FWP wildlife biologist **Kristi DuBois** will share the butterfly's natural history and life cycles. This class will stroll through the mountain meadows to observe the markings and behaviors to look for when identifying common families and species. We'll cover how to tell moths from butterflies, butterfly conservation, and observe other insects along the way. We will also show you some tricks for taking butterfly pictures with your digital camera.

1E. Beginning Plant Identification - This class, led by **Jan Nixon**, will expose participants to basic terminology, observation techniques, and helpful field guides and ID books. You'll have lots of "hands-on" identification of trees, shrubs and flowering plants while rambling around the meadows and forests near camp. This class is for someone with no previous formal experience with plant identification.

1F. Beginning Fly Fishing - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana with **Jim Vashro**. Jim is an FWP Fisheries Manager and has a passion for fishing and teaching others how to fish. Class is held at the camp. Fishing equipment will be provided, or bring your own. *This class is a prerequisite for the Fly Fishing on the Water class 4F.*

1G. Mountain Man Camp - Montana has a long history of mountain men occupying our landscape. Learn mountain man skills, how they dressed, worked, played, hunted and survived with Gene "Bead Shooter" Hickman. Gene is Booshtway of the Montana & North Dakota Brigade and a lifelong Historic Interpreter. Participants will set up a mountain man camp with a shelter and camp accessories, use flint & steel for fire making and cook a traditional mountain man meal, among other activities.

2A. Beginning Rifle - Hunter Education Instructors **Twana Bourke, Kathy Irwin and Bernice Hash** will teach basic rifle shooting techniques. You'll have an opportunity to shoot .22 caliber and larger caliber rifles. *** Participants must take the Basic Gun Handling class at a BOW workshop between 2013 and this year's workshop or attach a copy of their hunter ed or NRA certificate with their registration.*

2B. Early Bird Walk - Join wildlife biologist and bird lover **Pat Jamieson** for an early morning bird watching adventure. Pat will cover the basics of using binoculars and field guides and discuss bird biology and identification tips throughout the morning. Binoculars and bird field guides will be available to borrow, or bring your own. Dress for cool (windy or rainy) Montana mornings. Both beginner and veteran bird watchers are welcome. We'll start at 6 am, take a break to eat breakfast, and then continue for a few hours afterwards. Beginners may benefit by taking the Birding Basics (1B) class

2C. Map & Compass - Do you own a compass? Then learn how to correctly use it. Knowledge of land navigation skills is important for travelers in the backcountry. Bring a compass (or we'll loan you one) and learn to navigate with confidence. All around outdoor women **Darlene Edge** will teach you how to use a compass and read a topographic map. Some outdoor exercises are involved so dress accordingly. *This is the prerequisite for the Map & Compass Field Course (4D) class.*

2D. Wild Game Thai Stir Fry - Learn to prepare a wonderful Thai meal from start to finish in 30 minutes with **David Schmetterling**. Thai food is characterized by fresh, unique, and bold flavors (and spicy!) and is considered by many to be the best food in the world. We will cook 3 (or more) traditional Thai stir fry meals using just a few simple ingredients, and feature turkey, deer, elk and antelope. In addition to covering the recipes, David will discuss the unique ingredients, show how to prepare the meat, discuss the best cuts of meat to use, and how to put it all together. If you have never had Thai cooking before, prepare for your taste buds to awaken!

2E. Beginning Plant Identification - Repeat of Class 1E

2F. Beginning Fly Fishing – Repeat of Class 1F.

2G. Bike-Joring with Your Dog - Sled dog musher **Karen Cooper** will show you how she keeps her dogs happy and active in the summer. Bike-joring is where a harnessed dog or team of dogs attached to a towline will pull and run ahead of a cyclist. Karen will show you the equipment, training commands and safety considerations that are used in bike-joring. Why not “harness” your dog’s desire to pull. Karen will bring her dogs for this class.

2H. Beginning Recreational Kayaking – Wide and stable recreational kayaks are the perfect platform for people of all ages to enjoy wildlife viewing, fishing, photography and even camping on Montana’s waters. Learn the basic of kayaking with **Ben Schmidt**, FWP Blackfoot River Ranger and avid kayaker **Ryan Schmaltz**. Bring a sense of adventure; plus water shoes, old sneakers or water sandals; quick-dry clothing; and a leash for your glasses or anything else you might drop overboard!

2 I. Introduction to Archery - Archery instructors **Cherrie Angel** and **Lorraine Karwaski**, both avid outdoors-women, will teach you how to select bows and arrows and show you other basic archery equipment. Participants will take part in stationary and aerial shooting and learn archery games. Bring your personal bow or one will be provided for you.

3A. Beginning Shotgun - Hunter Education Instructors **Randy Allen** and **Jim Dunn** will teach basic shotgun shooting techniques. Learn about different types of shotguns, patterning and shot shell ammunition. Participants will learn proper shooting stance, gun fit, basic shooting techniques and shotgun safety while shooting at clay targets. ** Participants must take the Basic Gun Handling class at a BOW workshop between 2013 and this year’s workshop, or attach a copy of their hunter ed or NRA certificate with their registration.

3B. Introduction To Archery – Repeat of class 2 I.

3C. Wilderness Survival - Your lost in the woods – now what do you do! See what it takes to set up your own survival camp in this hands-on class with **Chris Dover**. Learn how to choose a good site and build a shelter, make fire, and how to signal for search & rescue. Find out if the stuff in your daypack is what you truly need. Participants must take the Wilderness Survival (1C) class at this or a previous workshop AND bring a day pack with the items you would carry.

3D. Get to Know Your GoPro Camera - Do you have a GoPro camera or are looking to get one? Learn from REI’s GoPro expert **Zach Viente** about how to understand the settings and use accessories and mounts to capture life’s most exciting moments. We’ll also look at how to edit and create professional-quality videos. It’s never been easier to make epic videos to share with your friends. Bring a GoPro camera if you own one.

3E. Native Plants are For the Birds! – Native plants are the best plants for our native birds! They provide nectar, insects and seeds for food, protective cover for roosting and nesting, and habitat. Which plants in your area are best for attracting birds? Join **Kathy Settevendemie** of Blackfoot Native Plants to learn which species to grow that provide what birds need. This class will visit the Blackfoot Native Plants nursery.

3F. Mountain Man Camp – Repeat of class 1G.

3G. Llama Packing- Llamas have become a familiar pack animal in the back country. The calm demeanor and intelligence of llamas makes them outstanding packing partners. Instructor **Dick Williams** with the Rocky Mountain Llama Association will teach you about llamas and their pack gear and show you how they can carry equipment and supplies on the trail.

3H. Beginning Recreational Kayaking – Repeat of class 2H.

4A. Map & Compass Field Course - Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class, taught by **Darlene Edge**. Participants must have completed the Map & Compass (2C) class at this or a previous BOW workshop.

4B. Early Bird Walk – Repeat of class 2B.

4C. Journaling and the Art of Observation – Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is taught by **Linda Musick** and **Cherrie Angel** and is designed for any artistic skill level. You’ll learn to develop an intimate relationship with the natural world, discover insights to ourselves, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors) or materials will be provided.

4D. Designing the Native Garden – Turn your yard or garden into a wildlife-friendly native plant refuge. Join **David Schmetterling** and **Marilyn Marler** and learn to use drought tolerant native plants to create a yard that is environmentally friendly and affordable. You’ll visit David and Marilyn’s beautiful garden in Missoula to see how to create “homes” and natural food sources to attract wildlife to your yard.

4E. Intermediate Plant ID: Riparian Areas – If you’ve already had some experience with the basics of plant ID (at BOW or elsewhere) and you are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the stream-sides, pond and marshy areas near camp. Water is key to the presence of many species not able to survive in drier habitats. Bring a 10x hand lens if you have one. Join instructor **Jan Nixon** to learn more.

4F. Fly Fishing on the Water - Spend a relaxed morning practicing your new fly fishing skills. This class gives you plenty of time to develop your casting technique. Fly fishing instructors will be on hand to help you ‘read’ the water and (hopefully) teach you how to land and release a fish.

** Participants must have completed Beginning Fly Fishing class 1F or 2F at this workshop.

4G. Llama Packing – Repeat of class 3G

4H. Recreational Kayaking on the River -Join kayak instructors **Ben Schmidt** and **Ryan Schmaltz** for a leisurely float on the Clearwater River canoe trail. This 3-mile kayak trip will provide an opportunity to test your skills on a scenic, slow moving waterway. Participants must have completed classes Beginning Recreational Kayaking (2H) or (3H) at this workshop.

4 I. A Walk in the Woods - Put on your hiking boots and hit the trail with local outdoor enthusiasts **John Driscoll** and **Kim Driscoll**. We’ll drive up Elevation Mountain then hike down following the ridges, using elk and deer trails. This class is more about exploring and enjoying the forest than hiking technique. Beginners are welcome but you must be able to navigate uneven and steep terrain.

REGISTRATION FORM
BECOMING AN OUTDOORS WOMAN
Lubrecht Forest - Greenough, Montana

August 7-9, 2015

Separate these 2 pages from the rest of the brochure
and return the completed form with your payment.

Registration forms may be faxed (if paying by credit card)
or mailed. Registrations will not be accepted by phone,
by email or on forms other than this one. Registration fee
must be included with this form.

Enrollment is limited. Spaces will be filled as registrations
are received.

Only one person may register per form.

We reserve the right to cancel a class if the
minimum number of students is not met.

Name: _____

Address: _____

City/State/Zip: _____

Day Phone: _____ Other Phone: _____

Email : _____

Birth Year : _____

Age Limit : 18 years of age or older

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program.

Signature _____

Date _____

Workshop Fee - includes instruction in classes,
class materials and use of demonstration equipment.

_____ \$290 includes lodging in a dorm and meals.

_____ \$220 includes lodging in a cabin and meals.

_____ \$200 includes tent/camper space (circle one) and meals.

_____ \$170 includes meals; I have my own lodging off camp.

☐ Check or money order enclosed. Make payable to FWP

☐ Bill Credit Card ☐ Visa ☐ Master Card

Name as it appears
on credit card: _____

Card # _____

Expires: _____ / _____
(month) (year) (pin #)

☐ **Scholarships** - A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (\$190, \$120 or \$100). Preference is given to full-time students and single, parent households.

Circle your t-shirt size: S M L XL XXL XXXL

☐ Teachers - I would like to receive OPI Renewal Units

☐ Release my name & phone # for carpooling purposes.

☐ I'll participate in the Book Club on Friday afternoon.

Roommate preference: (List up to 5 names only)

Complete if staying in dorm:

My room/cabin preferences:

☐ Quiet Room (early nights) ☐ Lively Room (late nights)

Please check if bringing your own equipment:

☐ Fishing ☐ Compass ☐ Archery Bow ☐ Go Pro

Make checks payable to: **FWP**
Mail registration form and fee to:
FWP-BOW
PO Box 200701
Helena MT 59620-0701
Fax number 406-443-2561

No registrations will be accepted by phone, by email, or on forms other than this one. Enrollment is limited. Classes and lodging will be filled as registrations are received.

Do Not Write Below This Line

Date _____ Amount _____ By _____

Lodging _____

CONCURRENT SESSIONS

Please Read Instructions

Select your top (5) class choices by ranking them from 1 to 5 (1 being your first choice) in each session. Classes are filled in the order in which the registrations are received. Strike-out classes that you don't wish to take part in.

() See workshop descriptions for prerequisites for these classes.**

FRIDAY August 7	SESSION I	1:00 pm to 4:30 pm
	_____ 1A	Basic Gun Handling
	_____ 1B	Birding Basics
	_____ 1C	Wilderness Survival-1
	_____ 1D	Butterflies of Western Montana
	_____ 1E	Beginning Plant Identification
	_____ 1F	Beginning Fly Fishing
SATURDAY August 8	_____ 1G	Mountain Man Camp
	SESSION II	8:00 am to 11:30 am
	_____ 2A	Beginning Rifle**
	_____ 2B	Early Bird Walk
	_____ 2C	Map & Compass
	_____ 2D	Wild Game Thai Stir Fry
	_____ 2E	Beginning Plant Identification
	_____ 2F	Beginning Fly Fishing
	_____ 2G	Bike-Joring with your Dog
	_____ 2H	Beginning Recreational Kyaking
	_____ 2 I	Introduction to Archery
	SESSION III	1:00 pm to 4:30 pm
	_____ 3A	Beginning Shotgun**
SUNDAY August 9	_____ 3B	Introduction to Archery
	_____ 3C	Wilderness Survival-2**
	_____ 3D	Get to Know Your Go Pro
	_____ 3E	Native Plants for Birds
	_____ 3F	Mountain Man Camp
	_____ 3G	Llama Packing
	_____ 3H	Beginning Recreational Kayaking
	SESSION IV	8:00 am to 11:30 am
	_____ 4A	Map and Compass Field Course**
	_____ 4B	Early Bird Walk
	_____ 4C	Journaling & the Art of Observation
	_____ 4D	Designing the Native Garden
	_____ 4E	Intermediate Plant ID: Riparian Areas
	_____ 4F	Fly Fishing on the Water**
	_____ 4G	Llama Packing
	_____ 4H	Recreational Kayaking on the River**
	_____ 4 I	A Walk in the Woods